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## **QUARTERLY TAPE**

*Information Gathering*

Until now, *Information Gathering* has only been available as part of the LIFESPAN2000 residential program. LIFESPAN is intended to provide an all-encompassing structure to help aiiy individual exist and grow under the massive changes occurring in the world today.

*Information Gathering* provides the means to tap into your personal library of knowledge, all thai ls you and yours. Side One is a ten-point guided relaxation which also fc|familiarizes you with Hemi-Sync® frequencies unique to this exercise. Side Two teaches you to open an Access Channel with the Commandid, Plus-Retrieve. Information may flow through this channel as words, mental images, emotion, feelings and sensations—or all of these. With practice, you will be able to obtain guidance with this method as easily as you walk and breathe.

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